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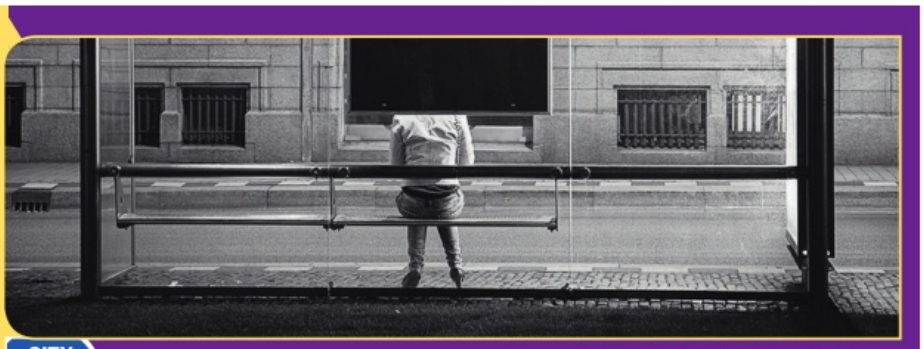
Bangalore Mirror

TEMP Max 31 | Min 21 | Humidity 85% Generally cloudy sky with Light rain Sensex 65,252 | Nifty 19,386 | Gold 59,450 | Silver 76,900 | Dollar 82.57 | Euro 89.52 | GBP 105.02



CITY PAGE 4

About time Boards displaying estimated time of arrival of BMTC buses set up at 200 locations in city

Wired up Citizens all for removal of dangling wires, but want services to continue undisturbed

CITY PAGE 9

BBMP is spending Rs 8 crore to fix Kaggadasapura Lake, but it is turning out to be a seedy boozing spot in the night. And of course, also a dumping ground for mattresses and the occasional sofa

TIPPLE TOPPLE ON THE LAKEFRONT

Citizens want authorities to keep an eye out for those set to ruin rejuvenation effort

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Once upon a time, Kaggadasapura Lake was full of weeds and sewage. Residents of areas around the lake used to protest and politicians, including the then Deputy Chief Minister and Minister for Bengaluru Development Dr G Parameshwara, visited Kaggadasapura Lake more than five years ago. They promised to take measures to rejuvenate the water body but no action was taken till October 2020.

As of now, rejuvenation of the water body is in progress and the construction of

CONTINUED ON PAGE 10 »

Rejuvenation of Kaggadsapura Lake is in progress; The scene at one of the gazebos on Kaggadasapura Lake bund

> **We are in the habit of complaining to MLA about the bad condition of the lake and also blame the BBMP for not completing the work. The need of the hour is to realise that to keep the lake free from garbage is our responsibility**
>
> — Krishna Kumar, resident of the area

Too few boots on the ground

Of 1,892 total sanctioned posts for forest watchers, only 241 are occupied currently

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With over 40,000 sq km of forest area, Karnataka is facing severe understaffing of forest watchers, the frontline workers that play the most important role in wildlife and forest conservation. According to the statistics from Karnataka Forest Department (KFD), while the total sanctioned posts for forest watchers is 1,892, only 241 are occupied, leaving 1,651 posts (87%) vacant.

KFD's human resource statistics also show that the number of frontline workers manning forests has been declining over the last four years. In 2019-20, while the total number of sanctioned posts for forest watchers was 1,177, as many as 717 posts were occupied and the vacancy rate was 39%. In 2020-21, the number of sanctioned posts was increased to 1,402, however, the total number of forest watchers on duty dropped to 529, increasing the vacancy rate to 62%. In 2021-22, the number of sanctioned posts was pushed up to 1,892 and the total posts occupied dropped to 327, leading to a vacancy rate of 82%.

CONTINUED ON PAGE 10 »

2 THINGS TO DO

01 Get the best

Don't miss the chance to attend the 'Indian Haat Festival', an exhibition-cum-sale of handicraft items. You can explore cost-effective products such as colourful and good quality artifacts, sarees, household items, ornamental items, intricately carved handicrafts, designer clothes, and more.
Where: Chitrakala Parishath
When: until August 27

02 Belly dance

Get ready to watch a dance showcase of 10 Middle Eastern Dance Styles in the city soon. Nrityakosh, an oriental and fusion belly dance school, presents 'Parikrama', which will bring forth the history, cultural significance, socio-political influences, and the music of unique dance styles.
Where: Shoonya Centre for Arts and Somatic Practices, 4th Floor, Rear Wing, Brahmananda Court, 37, Lalbagh Main Road
When: Saturday, September 2

Reclaiming the streets: VK Street Sambhrama

A number of street games, local competitions, musical performances, dancers, and various other programmes are to be held at the event

It's time again to reclaim the streets with the resurgence of VK Street Sambhrama. This eagerly awaited event, organised by Vijay Karnataka and Bangalore Mirror in collaboration with BBMP, the police, and various associations, is set to take place at Jayanagar Housing Society layout, Gubbalala-Turahalli Main Road, on Sunday, August 27. A star-studded affair, the event promises the presence of renowned film actors, TV artists, singers, and more, ensuring an extravaganza of entertainment. A number of street games, local competitions, musical performances, dances, and various other programmes are also on the agenda.

Commencing at 8 am, the lineup of activities has been thoughtfully curated to cater to a diverse audience, spanning from youngsters to senior citizens. Alongside the participation, prizes await the winners of the games. The festivities are scheduled to unfold between 8 am and 12 noon, graced by esteemed dignitaries like Bengaluru South MLA M Krishnappa and former Uttarahalli ward corporator Hanumantaiah.

The Street Sambhrama will feature an array of engaging activities, including yogasana sessions, a children's painting programme, fancy dress competitions, rangoli art, the lemon and spoon race, marbles, skipping, pottery making, caricature drawing, and much more. The event will also host a plethora of shops offering a diverse range of items at attractive prices, adding to the allure of the occasion.

This Sunday's Street Sambhrama programme will feature exciting activities such as kids' painting, fancy dress showcases, and a rangoli programme. To participate in these engaging events, secure your free registration by calling 7676668588.

Event details: Venue: Jayanagar Housing Society layout, Gublala-Turahalli main road, near Pratyangira Temple, Bengaluru 61; Time: 8 am to 12 noon; Entry: Free — **By Prakash VL**

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PG 6

Plastic terminator: BBMP to create model wards

Support from vendors, customers, activists help SWM dept to make wards plastic-free

Bitter pills coated with chocolate

Police find chocolates laced with marijuana, a new way to target students

After a crackdown on drugs, police found out that there is a trend to sneak in drugs in the guise of chocolates and this guise is being used to lure students.

The Bengaluru police detained a man who was in possession of 10 packs of chocolates that had been laced with marijuana, totaling 300 kilogram. Authorities from the RMC Yard Police Station in northern Bengaluru detained the suspect, Shamim Akthar, on Wednesday.

Based on reliable information, the police searched the autorickshaw that was carrying the illegal goods. When questioned, the suspect who was in the autorickshaw admitted that he was transporting the package of marijuana-laced chocolates with the intention of selling them later.

A deeper investigation found that the suspect had bought the chocolates in Kanpur, Uttar Pradesh, to sell them in Bengaluru. In addition to the chocolates with marijuana in them, the police have also seized the accused's mobile. Under the relevant provisions of the Narcotic Drugs and Psychotropic Substances (NDPS) Act, a case has been filed, and investigation is ongoing.

Narcotic numbers

According to the latest Karnataka state police data, in June 2023, there is an increase in the reported cases under NDPS Cases during June when compared to the reported cases of previous month and to the corresponding month of previous year.

The data shows that a total of 3,665 cases have been reported for drugs in Karnataka in 2023. Out of these, 2,170 are for cultivated/processed drugs and 1,495 are for synthetic drugs. —BMB

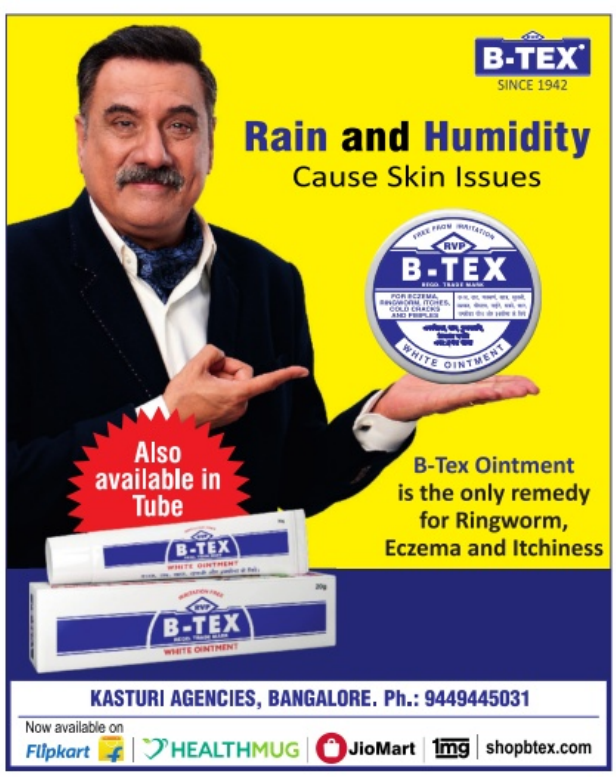
3 Sri Lankans detained

Three Sri Lankan nationals were detained by Central Crime Branch (CCB) officials from an apartment in Yelahanka. The trio are allegedly connected to the Liberation Tigers of Tamil Eelam (LTTE), a banned insurgent group from Sri Lanka.

A local man named Paramesh alias Jack who had rented them the house was also detained along with Kasin Kumar, Amila Nuvan, and Ranga Prasad. There is a murder case against Paramesh in the past, while Prasad has two counts of assault and murder, Kumar has four, and Nuvan has five murder cases against him in Sri Lanka.

According to sources, the suspects' connections to the Sri Lankan mafia was discovered during questioning.

The CCB sleuths discovered 13 mobile phones, several visiting cards, bus tickets, paper clippings, a copy of the rental agreement and photocopies of Aadhaar and voter identification cards while searching the suspect's flat. —BMB



High time: Now, bus timings for all to see

BMTC installs display boards showing estimated time of arrival of buses at more than 200 locations; commuters hope accuracy will be prioritised

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Experts say that it would be excellent if the city had display boards at all the bus stops across Bengaluru

Frequent users of the Bangalore Metropolitan Transport Corporation (BMTC) have spotted display boards showing the estimated time of arrival (ETA) of buses on the route in real time, along with their destination, across several bus shelters in the city. Commuters have lauded the BMTC for the installation and have urged authorities to ensure that the display boards are available across all bus shelters in Bengaluru. They have also requested that the authorities ensure that the details provided on these display boards are accurate, making travel in the BMTC reliable for the public.

A senior BMTC official told Bangalore Mirror that the display boards have been installed at more than 200 different locations in the city recently. They have been installed at bus shelters that have access to electricity and are present on routes that receive high footfall. "Under the Nirbhaya funds, we had taken up the Automatic Vehicle Tracking System (AVTS) project. The display boards are an initiative that has been taken up under the AVTS scheme," he said.

Ekta Sawant, a commuter, took to Twitter, "Spotted one in Jayanagar. Kind of accurate ETA and easy to read. I was surprised and happy to see this route display board legit work. Hope to see more of these appear across all bus stops in the city," along with a video of the recently installed display board. Other netizens have spotted the display boards at Forum Mall and Lalbagh bus stops.

> **"Under the Nirbhaya funds, we had taken up the AVTS project. The display boards are an initiative that has been taken up**
> – a senior BMTC official

Shaheen Shasa from the Bengaluru Bus Prayanikara Vedike (BBPV) said, "It would be excellent if we had the display boards at all the bus stops across Bengaluru. We need bus shelters at all the bus stops first. This could be a joint goal for the Bruhat Bengaluru Mahanagara Palike (BBMP) and BMTC this year—bus shelters with real-time route information at all 8,000+ bus stops."

Srinivas Alavilli, a public transport enthusiast and fellow at the World Resources Institute (WRI), said, "Now that most buses have GPS and the application shows real-time status, live displays in bus stops are coming up. You can now decide if you want to wait for a bus or look for an auto. It feels like a metro station, doesn't it?"

Designated bicycle parking

Commuters have also urged the authorities to spare a designated parking space for cycles at every stop in order to encourage the public to use cycles for first- and last-mile connectivity. Vijay Dinakar, a regular commuter on KIA-4 service to and from work, said that the KIA-4 bus stop at HAL provides natural shelter for cycles. "I have seen people cycle till the bus stop and tie their cycles to a nearby tree or post. It is a great way to stay fit, be on time for scheduled departures, and encourage others," he said.

He explained that in India, bicycles do not fall under the Motor Vehicle Act and, hence, are not subject to any traffic violations, including parking. "You are free to park your cycles anywhere, except in a way that disturbs emergency services or causes inconvenience to the public. While in developed countries, bicycle parking is designated, it does not stop us from using the already-given public spaces for parking," he said, adding that one could lock their bicycle frame to a firm post or a tree.

However, if a designated parking space is provided for bicycles across bus shelters, those who opt to cycle for first and last-mile connectivity would be assured of cycle's safety.

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Sewage issue

Bellandur

In the Green Glen Layout of Bellandur Ward, the playground has been inundated with sewage, and neither BBMP nor BWSSB have taken any action to halt the sewage overflow into the ground.

Mend it

Double Road

A broken pavement near St Joseph's College on Double Road poses a significant hazard, especially since this pathway is extensively utilised by school and college students, as well as the general public.

Series of thefts rock Binnypet

It seems Binnypet is becoming a destination for miscreants to lay their hands on whatever they like and get away. The residents said a minimum of 15 thefts are taking place in a month in the locality. It is said that two housebreaking incidents took place on Tuesday. "We are shocked to know the housebreaking incidents took place in broad daylight. We suspect the same gang is involved in two housebreaking incidents," said Pushpa Keshav, an Aam Aadmi Party activist.

AAP team visiting victims in Binnypet

A team led by Aam Aadmi Party State Vice President Mohan Dasari visited Binnypet on Thursday and listened to the problems of the people. Later, the AAP team filed a complaint at the JJ Police Station on behalf of the local residents.

"The miscreants who are committing serial thefts in the heart of the city should be arrested immediately; strict measures should be taken to prevent theft from happening again," said Aam Aadmi Party State Vice President Mohan Dasari.

The residents of Binnypet have complained that many thefts took place in the locality due to a lack of CCTV cameras and police vigil.

They added that, on average, 15 thefts take place per month. They said the thieves stole water pumps, bikes, and cycles during the night. They complained that the prevailing environment is not women-friendly. "We need police to increase vigil on miscreants and thieves. There are no CCTV cameras on this lane," said a resident.

Mohan Dasari demanded that Minister Dinesh Gundu Rao, who is the elected representative of this area, pay attention immediately and take appropriate measures.

"You have been elected from here as the people's representative for almost 25 years. You are ministers. You served as the state president of a national party. But so far, you have not paid attention to the serial thefts that are going on in broad daylight within the scope of your constituency. CCTVs installed in public places are not working. The police inevitably have to resort to private CCTVs. Why are you so indifferent to the people of his constituency?" Mohan Dasari asked. He advised the residents to report to the police immediately if any theft takes place in the locality.

— Y Maheswara Reddy

Revolutionising Medicine

Experts from Manipal Hospital Yeshwanthpur Highlight Robotics' Transformative Role

In the ever-evolving landscape of medical advancements, robotics has emerged as a game-changer across diverse fields of medicine. From orthopedics to urology, gynecology, and oncology, the integration of robotics is reshaping surgical practices. With its ability to minimize incisions, improve visualisation, and expedite recovery, robotic technology is proving to be the need of the hour. Distinguished specialists from diverse disciplines at Manipal Hospital engaged in extensive discussions with Bangalore Mirror, shedding light on the advantages of robotics and its transformative impact on the realm of medicine.

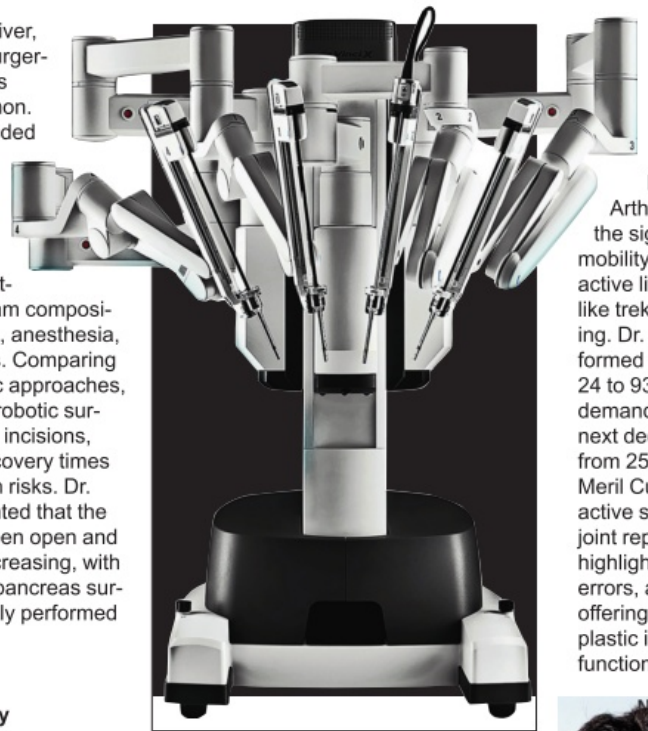
Robotic surgery revolutionises cardiac procedures

Robotic surgery, a game-changer led by Dr. Mohammad Rehan Sayeed, Consultant in Minimally Invasive and Robotic Cardiac Surgeon dispels misconceptions. "It eliminates bone cutting in cardiac procedures, utilizing four arms with 8 mm ports for superior 16x magnification and 360-degree mobility, surpassing human dexterity. Heart defects are mended through these ports incis, valve repairs via 2cm, and bypass surgery with 5-6 cm incisions, resulting in minimal to no pain, swift recovery, and reduced bleeding," he said.

Dr. Sayeed highlights the benefits, making cardiac interventions less invasive and efficient. "The procedure employs a robot attached to patients, manipulated via a console with real-time monitoring, requiring a smaller team – a nurse, anesthetist, assistant surgeon, and the surgeon. The technology extends to heart, lung, prostate, and cancer surgeries, especially valuable for the elderly and complex cases," he added.

Robotic GI Cancer Surgery: Precision, Minimal Invasiveness

During an interaction with BM, Dr. Govind Nandakumar (Consultant Surgical Gastroenterologist, Laparoscopic GI Onco surgery) discussed the benefits of robotic GI cancer surgery. He emphasized that the technology allows intricate surgeries through small incisions, enhancing precision and reducing surgeon fatigue. The 3D visualization offers depth perception, improving surgical accuracy. He noted applications in colorectal, upper GI, pancreas, liver, spleen, and hernia surgeries, with cancer cases being the most common. The clear vision provided by the camera and small instruments leads to minimal bleeding, ensuring faster recovery. Dr. Nandakumar elaborated on the surgical team composition, including nurses, anesthesia, and technician teams. Comparing traditional and robotic approaches, he underscored that robotic surgery involves smaller incisions, leading to quicker recovery times and reduced infection risks. Dr. Nandakumar highlighted that the cost difference between open and robotic surgery is decreasing, with colorectal, liver, and pancreas surgeries being frequently performed using robotics.



Use of robotics has proved a game-changer in surgeries

Exploring Robotic Gynecological Surgery

Dr. Shafalika SB (Consultant, Minimally invasive gynecology) emphasized the benefits of minimally invasive approaches. Dr. Shafalika elucidated the range of robotic surgeries, including uterus and fibroid removal procedures, and ovarian cyst excisions. Noting the recent surge in awareness over the last 1-2 years, she pointed out that robotic surgery is particularly suited for complex cases like endometriosis. Recovery and pain levels vary based on incision length. She highlighted a growing trend of hormone-related issues among younger patients, attributing it to factors like dietary habits and pesticide exposure. She stressed the advantages of minimal cuts and cosmetic benefits. Dr. Shafalika clarified that vaginal root surgeries for uterus removal are reserved for married women with children. She emphasized the crucial role of robot docking in robotic surgeries. This process involves placing robotic arms and docking the robot to the patient's position, ensuring accurate alignment for the surgery.

Advancements in Urological Robotic Surgery

Dr. Ajay S Shetty (Lead Consultant in Urology and kidney transplantation), highlighted urology's adoption of robotics, significantly minimizing incisions and enhancing surgical precision. Dr. Shetty, with over 100 procedures to his credit, emphasized the transformative impact of robotics on complex surgeries. Dr. Shetty highlighted the advantages of robotic procedures, particularly in confined spaces like the pelvis, where superior magnification and 3D vision enable enhanced maneuverability and dexterity especially during procedures like radical prostatectomy. Similar benefits are also seen in surgeries like partial nephrectomy for kidney cancers notably, robotics' ergonomic design alleviates surgeon fatigue during lengthy surgeries. Addressing misconceptions, Dr. Shetty clarified the collaborative nature of robotic surgery, where the surgeon controls robotic arms using a console. He debunked the notion of autonomous robotic procedures, underlining the pivotal role of skilled surgeons. Dr. Shetty affirmed the significance of human expertise, stating that AI cannot replace surgeons. He emphasized that not all cases warrant robotic surgery, as decisions are made based on the potential benefits.

Transforming Knee Replacement

With advancements in medical science, the average human lifespan has increased to 79 years, necessitating innovative solutions for age-related joint damage. Dr. Kiran Chouka, (Consultant, Orthopedic Joint Replacement and Arthroscopic Surgeon) stressed the significance of pain-free mobility for people aspiring to lead active lives, especially in activities like trekking and mountain climbing. Dr. Chouka, who has performed surgeries on patients aged 24 to 93, projected a growing demand for knee surgeries in the next decade, estimating a range from 25 lakhs to 30 crores. The Meril Cuvis robot, an automatic and active system, is utilized for knee joint replacements. Dr. Chouka highlighted its precision, minimal errors, and optimal alignment, offering patients metal caps with plastic inserts for enhanced joint functionality.

Rehabilitation post-surgery plays a pivotal role, and robotics has expedited the recovery process. "Body tissues adjust faster, soft tissue injuries are reduced, and hospital stays are shorter," noted Dr. Chouka. He emphasized the importance of physiotherapy and simple exercises for optimal results. Various factors contribute to knee issues, including genetics, childhood injuries, and aging. Dr. Chouka underlined the significance of a skilled surgeon in the robotic surgical process. "Operating the machine requires advanced skills; surgeons must complete 500-1000 knee replacements before utilizing robotic technology," he said.

Robotics in Cancer Surgery

Dr. Rahul S Kanaka, (Consultant, Surgical Oncology) highlighted the niche role of robotics in cancer surgery, particularly for cases such as prostate, rectum, food pipe, and lung cancers. He emphasized that while not all cancer surgeries require robotics, its advantages include minimal incisions of 8 mm, reduced post-operative pain, and quicker recovery compared to manual procedures. Dr. Kanaka explained that surgical intervention is most effective in the early stages of cancer, as its utility diminishes as the disease progresses. Dr. Kanaka, who has conducted 150 robotic surgeries, noted that the learning curve for robotics improves with experience, eventually matching or exceeding open surgery efficiency. "The three components of robotic surgery—the patient cart, vision cart, and surgeon console—operate in tandem under the surgeon's guidance. The robot augments the surgeon's movements, reducing hand tremors for enhanced precision. Robotics employs a 3D camera, providing magnified images for clearer anatomical understanding and safer procedures," he said.

Precision and Faster Recovery

Dr. Sathish N (Senior consultant, General and Bariatric Surgery) sheds light on the transformative impact of robotic surgeries across a range of medical procedures including esophagus, stomach, hiatus hernia, spleen and pancreatic surgery. According to him, the advantage of robotic surgery is in its replication of human wrist movement, offering a full 360-degree range. This precision eliminates the occurrence of hand tremors and translates major actions into precise micro-movements, resulting in enhanced accuracy.

Highlighting the procedures that benefit most from robotics, Dr. Sathish emphasizes the advantages for surgeries such as heller myotomy, hiatus hernia, abdominal wall herniam bariatric surgery and colorectal surgery. He notes that even intricate surgeries like rectal cancer in narrow spaces like the pelvis can be executed with ease due to the surgeon's control over the camera. However, for smaller surgeries like gallbladder and appendix, the benefits of robotics are less pronounced, making laparoscopy a more suitable approach. For complex hernia repair, Dr. Sathish elaborates on how robotic access to the abdominal wall provides greater visibility, excellent suturing manoeuvres ,simplifying post-operative recovery and reducing scarring. With robotic arms and camera integration, the approach varies – hernia repair can be accomplished with 2 arms, minimizing expenses, while colonic surgery requires 3 arms, incurring additional costs.

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LIFE'S ON

Plastic terminator: BBMP to create model wards

Support from vendors, customers, activists help SWM dept to make wards plastic-free

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Inset: A SWM department team member talks to a shop-keeper about the initiative at JP Park ward

> **"We have beautified some black spots in Ullal ward. Residents and vendors responded positively. The use of plastic has come down to some extent at Ullal ward** –Poornima, BBMP assistant executive engineer (SWM)

Environmental cleanliness has always been a concern. To promote environmental sustainability, the Bruhat Bengaluru Mahanagara Palike (BBMP) Solid Waste Management (SWM) Department is making efforts to ensure some of the wards in the city are free from plastic. The SWM Department has already taken measures to convert some of the wards into model wards.

As part of this initiative, the SWM Department aims to convert one ward from each Assembly constituency into a model ward. The SWM teams are happy with the positive response from street vendors, vegetable and flower vendors and eateries to ensure the wards are free from plastic. The SWM teams are busy creating awareness among the street vendors and vegetable vendors at JP Park ward in the R R Nagar Assembly constituency and Ullal ward in the Yeshwanthpur Assembly constituency.

"We are very happy with the response from the sellers and buyers or customers. They have agreed to use cloth bags for carrying vegetables, flowers and fruits. The vendors have also assured us not to use plastic," said Nage Gowda S K, Junior Health Supervisor of Solid Waste Management Department.

As part of this initiative, the SWM team visits various locations in the ward and disburses placards, highlighting the need to make the respective ward free from plastic, among the street vendors and shop owners at markets. The SWM team also identifies the black spots that are needed to be beautified.

"We have beautified some black spots in Ullal ward. We have also seized plastic from street vendors and vegetable vendors. We are happy with the positive response from residents and street vendors. The use of plastic has come down to some extent at Ullal ward," said BBMP assistant executive engineer (SWM) Poornima.

BBMP Joint Commissioner (SWM) Dharmapal has said the initiative of selecting model wards is in the initial stage. "The process of selecting model wards is yet to be completed," said Dharmapal.

Meanwhile, environmentalists have welcomed the SWM's initiative of ensuring one ward of every Assembly constituency as a model ward. "I want to thank the SWM Department for taking this initiative to ensure one ward of each Assembly constituency is free from plastic. I want the SWM Department to make all wards in the city free from plastic. The initiative is in its initial stage. We have to wait and watch for better results," said Shobha Bhat of Usiru Foundation.

Welcoming the plastic free ward initiative, Balaji Raghotham, a lake activist, has cautioned the SWM engineers not to become apathetic after launching the initiative. "I want the SWM engineers to focus on the effective implementation of the initiative. They should work hard to ensure all wards are free from plastic," said Balaji Raghotham.

Transport Dept to embrace tech, will issue e-challans using digital assistants

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In a bid to modernise operations and streamline fine collection processes, the Transport Department is adopting a digital approach, bidding farewell to manual fine collection techniques. While the traffic police had already been utilising digital methods for imposing fines, the Transport Department was lagging behind with the traditional manual approach. However, as time progresses, the Transport Department is finally catching up and embracing change.

Under the new system, fines will no longer be collected manually; instead, fines will be imposed using Personal Digital Assistants (PDAs) and e-challans will be issued to violators. An official said that this shift will not only enhance transparency in the process but also expedite the penalisation and resolution of issues with violating drivers and vehicle owners. The e-challan system is set to be implemented across all Regional Transport Offices (RTOs) in the state, where motor vehicle inspectors equipped with PDAs will levy on-the-spot fines.

This innovative approach has already been successful in places like Delhi, Goa, Maharashtra, and Gujarat, where PDAs have been employed for fine collection. Presently, approximately 200 inspectors are active across 67 RTOs. To facilitate this transition, the Transport Department has partnered with the State Bank of India and a private company to equip inspectors with the necessary tools.

Transport department to follow traffic police in using PDA

Sources indicate that the e-challan system will greatly facilitate digital transactions. Previously, inspectors were required to manually draft check reports and issue physical receipts for each fine, which had to be paid in cash. This often resulted in inconveniences for violators without immediate access to cash. With the introduction of the e-challan, the process of recording cases manually will be eliminated. This digital solution will spare violators from visiting RTO offices to make payments. PDAs will support transactions through debit or credit cards, and there is also a provision for fine payment using UPI. Furthermore, a digital receipt will be sent to violators via SMS.

Private transport operators threaten strike

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The private transport operators of Bengaluru are once again considering a city-wide protest in response to the alleged failure of authorities to meet their demands. This protest will bring 5-6 lakh vehicles off the road and unions split.

Previously, the Bengaluru bandh was called off by the private transport operators after receiving assurance from the transport minister to fulfil 28/30 demands within a week. But after several discussions and delays in implementation, private transport operators are mulling a city-wide protest again. However, according to sources, the unions are split over whether to hold a strike or not.

The President of The Federation of Karnataka State Private Transport Associations, Nataraj Sharma told BM, that it was a failure to implement the demands within a week, so the union will announce the strike date on September 1st. "Today, around 30 associations met and have decided, as the final deadline is August 30th. If the issues are not resolved within the deadline, we will call a press meeting on September 1st and announce the date of the strike. We are planning a massive protest along with autos, taxis, buses, maxi-cabs, factory vehicles, corporate vehicles and airport vehicles. There are nearly 3 lakh autos, 75,000 buses, 1.5 lakh taxis and altogether nearly 5-6 lakh vehicles will be off the roads."

He added that assurances remain on paper and there has been no resolution. "As per our last discussions, 28/30 demands were to be fulfilled within a week. But none of our demands have been met yet. We had multiple discussions with the minister and we are only getting assurances," he added.

"We have not taken any decision to hold any protest. As of now, discussions are ongoing and we have been given assurances from the state government. In the recent meeting with the Chief Minister, he assured us to resolve our issues. Regarding the Rapido issue, once we receive the verdict from SC, it can be passed in high courts as well. It's learnt that Rapido has requested a week's time. We have asked the Chief Minister to form a committee to investigate the allegations made by some unions over the adverse impact of the Shakti Scheme. If the government does not take action, we will also consider a protest, " said Tanveer Pasha, President of the Ola Uber Drivers and Owners Association.

IN CINEMAS TODAY

A LIGHTER BUDDHA PRODUCTION

KVN PRODUCTIONS PRESENTS

RAJ B SHETTY IN & AS

TOBY

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Pools dry up, amphibians' fate on slippery slope

Researchers say last year they saw around 15 rock pools with water in 100 sq m area, but this time, only 10

Bangalore Mirror Bureau
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Researchers from Nature Conservation Foundations (NCF) say they have made a potentially worrisome observation in the northern Western Ghats, which they attribute to below-average rainfall this year.

Upon a recent visit to the Ratnagiri area, Bengaluru-based researchers noticed a striking difference in the number of dried rock pools in the area when compared with last year. They say this might impact the breeding cycles of endemic amphibians in the region.

Rock pools are used by frogs for breeding

"We visited the area during last year's monsoon to carry out a study on amphibians and reptiles. When we visited this time, we noticed more dried rock pools in the area. Last year, there were around 15 rock pools filled with water in a 100 square metre area, but this time around, we could spot only around 10. Rock pools are used by frogs for breeding and a higher number of dried pools might impact their breeding cycle," said Jithin Vijayan, a researcher from NCF.

Every animal plays an important role in an ecosystem, and the removal of one species can create an imbalance in system

They say every animal, including frogs, plays an important role in an ecosystem, and the removal of one species can disrupt the natural flow and create an imbalance in the system. Notably, weak monsoon spells this year have led to a rainfall deficit across the country.

Researchers underline that many studies on climate change patterns and their impact on the breeding cycle of amphibians have been conducted by scientists from North America and European countries and they have found out that by 2050-2070, many frog species found in that area will go extinct if the pattern of rainfall continues to be erratic.

However, they caution that to draw any conclusive inference from the crude observations made in the Ratnagiri area, a long-term and in-depth study has to be taken up in the Asian landscape as well.

"While we are expecting similar results in our landscape too since the two landscapes are different both climate and biodiversity-wise, we cannot predict anything with certainty. Studies have to be conducted to understand these observations in depth. Dried-up rock pools were crude observations made in the field, but we do not have any data to support it. Moreover, we are not sure if the frogs are adjusting their breeding pattern according to the rainfall pattern. There might be many other processes going on in the backdrop which we are not aware of," added Vijayan.

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I, MALLIKA T. K, Residing at No 313, B Block, 3rd Floor, South Park Apartment, B G Road, Doddakammanahalli, Bangalore - 560083, Have changed our minor daughter name JOANNA to JOANNA REJI JOHN vide affidavit dated 24/08/2023 sworn before Notary Aravind Patil G.G Bangalore

I,SHRUTI Saagar Kalapatti Lakshmi Narayanan S/o Lakshminarayanan Venkatesan R/o No.10,2nd floor,Chandra Reddy layout,4th Block Koramangala, Bengaluru 560047 have changed my name to Shruti Saagar Lakshminarayanan for all purposes.

I Purna Housdurgam Vijaya Deepti W/O, P H Ramaprabhu R/o No 336/337 1d 13th Cross 4th Main 3rd Block Vidyaranyapura Bangalore North Vidyaranyapura Karnataka 560097 have changed my name to Purana Housdurgam Vijaya Deepti.

I, Saraswati Shivappa Hadagali w/o Laxman Bekanal R/o Vagish Nagar,7th Cross, Ranibennur, Haveri, 581115 Today camp at Bengaluru have changed my name to Saraswati Laxman Bekanal affidavit Dt.24/08/2023 notary Harisha G, B'luru

I, Sahana Madhusudhan w/o Madhusudhan V R/o 130/15, Sarvada, Doddakannelli, Sarjapura road, Carmelram po, B'luru 560035 have changed my name to Sahana Jayaramreddy (SAHANA J) affidavit Dt.10/08/2023 notary Harisha G, B'luru

I, Geetha Jagadeesh W/o Jagadeesh N C R/o #44, 1st Cross,5th Block Banashenkari 3rd stage , 3rd phase B'lore-560085 have changed my name to Geetha Bellur.

I, Vedam Venkata Siva Praveen Kumar alias Praveen Vedam Venkata Siva Kumar S/o Kamalakaran Vedam R/o No 50, 1st Floor, 11th Cross, Telecom Layout, Srirampura, Jakkur Post, Bangalore, 560064, have changed my name as Praveen Kumar

I, Santosh s/o Ramachandra C R/o 92, Michael Palyam, 2nd Stage, New Thippasandra, B'luru-560075 have changed my name to Santhosh Ramachandra affidavit Dt.23/08/2023 notary Harisha G, B'luru

I Mohammed Thaeem Pasha Riaz S/O,Abdul Riyaz R/o#9 F-1,Church Road, near Armugam Circle,Basavanagudi,Bangalore South 560004 have changed my name to Mohammed Thaeem Pasha.

I B Zakir Hussain S/O, Shakeel Ahmed R/o Old No. 549,new No. 579, 2nd Cross, Hanifia Masjid Road, Kushal Nagar, Bengaluru - 560045 have changed my name to Zakir Hussain .

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Remove wires, but do not disturb facilities!

BESCOM's order asking companies to clear dangling wires has got B'luru thinking. Will it work this time?

Sridhar.Vivan@timesgroup.com
TWEETS @sridharVMIRROR

With the Bangalore Electricity Supply Company (BESCOM) directing relevant companies to clear all dangling cables within a week, netizens are split. On the one hand, they support the removal of cables, but on the other, they stress on the importance of maintaining uninterrupted broadband connections.

The Outer Ring Road Companies Association (ORRCA) tweeted, "BESCOM's order mandates the removal of all unauthorised cables from electric poles within a week, with potential notices for non-compliance followed by BESCOM-led removal. Most of these unauthorised wires have already been cleared, but it's impacting remote workers. We appeal for better coordination between BESCOM and the BBMP OFC cell."

Naveen Kumar, a tech professional, added that broadband was necessary for daily sustenance in some cases. "It's not just about work; many rely on it for TV too. Any disruption would be highly inconvenient. We urge internet providers to collaborate with BESCOM, follow their directive, and ensure minimal disturbance to broadband users, as even a short disconnection can impact countless people," he said.

Despite this, some believe that asking the dangling cables to be removed is merely a knee-jerk reaction, as authorities tend to forget to clear them out anyway, leaving cables scattered. Instances of close encounters with such cables are widespread in the city. A recent incident involved telecom wires falling on a moving car, barely missing the driver. Motorcyclists face similar risks as they get entangled in the wires.

File photo of wires lying scattered on the road after removal

"Cables clutter our surroundings despite the court ruling. I'm doubtful if BBMP can tackle wire menace as it has failed in the past Devaraju Gowda, bizman

Not a good record

The BBMP has repeatedly pledged to take action against cable company owners, but these promises often remain unfulfilled. Previously, the BBMP head instructed TV cable operators, internet service providers, and affiliates to remove unauthorised TV and OFC cables within a month. The Karnataka High Court, on August 3 and August 24, 2021, mandated the removal of unauthorised cables from electric poles, trees, and pedestrian tracks within BBMP limits. Subsequently, the BBMP warned of removal without notice and legal action against unauthorized owners/associations.

In 2022, the BBMP conducted raids to remove cables, yet the situation persists. Just as the BBMP struggles to address illegal flex banners, the issue of dangling cables too remains unresolved. The BBMP had engaged with OFC operators, urging them to lay cables underground but it has met with limited success.

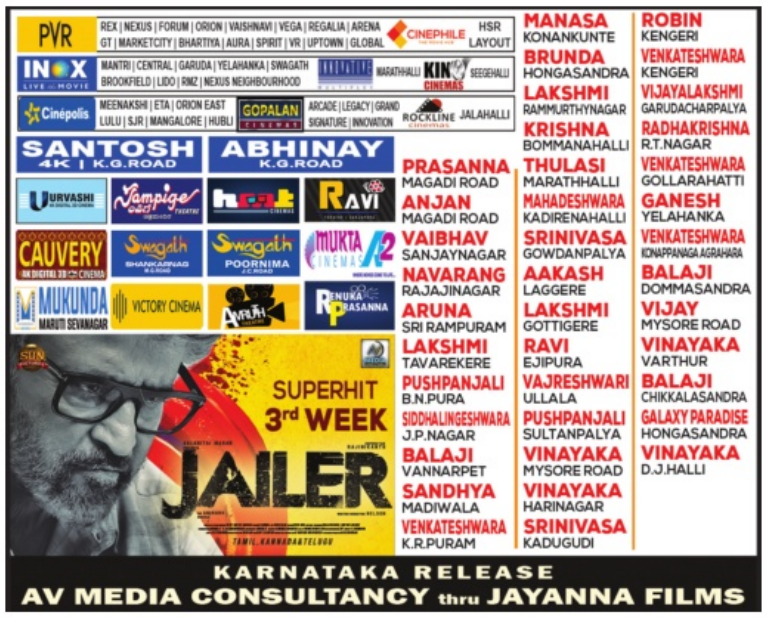
Citizens remain skeptical about the authorities' intentions. Devaraju Gowda, a businessman said, "Cables clutter our surroundings despite the court ruling. I'm doubtful if BBMP can tackle wire menace as it has repeatedly failed in the past."

KL Rahul's fitness in focus

As India's Asia Cup-bound players begin their six-day conditioning camp in the city ahead of the six-team event, how wicketkeeper-batter KL Rahul shapes up from a fitness perspective will be keenly witnessed.

During the Asia Cup squad announcement press conference in New Delhi on Monday, chief selector Ajit Agarkar said Rahul had recovered from a right thigh injury at the NCA but picked up a niggle unrelated to the original injury.

As per a report in ESPNCricinfo, the NCA's medical team is believed to be happy with Rahul's batting workload but is carefully monitoring his wicketkeeping load. The report added that the six-day camp, which will be held at the Karnataka State Cricket Association's (KSCA) Three Ovals campus in Alur, will have fitness as a key focus area. —IANS



First line of forest defence is lacking human resource

CONTINUED FROM PAGE 1

Even forest guards are in short supply. In 2022-23, the total number of sanctioned posts for forest guards is 5,494 and as many as 2,581 posts are lying vacant.

Conservationists and experts say the large number of vacancies points to the apathy of the state government and higher officials of KFD in protecting our forests and wildlife. Forest watchers are guards who are barefoot soldiers that form the front line of defense against wildlife poaching, timber smuggling, forest fire, and other incidents and activities that endanger forest and its inhabitants.

"Forest watchers, though at the lowest rank in the department, form the most important workforce. Every forest watcher is supposed to patrol 15 to 20 kilometers of forest area every day. They are positioned in anti-poaching camps and also report any untoward incidents such as the smuggling of timber or poaching of wildlife. They are at the forefront of conservation and protection. Thus, so many vacant positions will surely have a negative impact on the protection and conservation of wildlife and forest," said a city-based wildlife conservationist.

Fund crunch much?

Experts say high vacancies indicate a fund crunch situation as there is no dearth of locals who would gladly take up the responsibility and work for the government.

"Although the department has sanctioned 1,892 posts for forest watchers and 5,494 posts for forest guards, they can be filled only after receiving approval from the finance department. Since KFD has started giving preference to local tribes and communities for the post of permanent watchers, there is no dearth of applications. These communities are well-versed with local conditions and the forest. So the department receives applications in abundance," said the conservationist.

According to Rajiv Ranjan, Principal Chief Conservator of Forest and Head of Forest Force, KFD, the department is in the process of filling the vacant forest guard posts.

"There is no difficulty in getting people. We have completed our process of recruitment for forest guard posts. We are at the last stage and document verification is going on and will be completed within two weeks. Once these formalities are completed and this batch goes on the field, another notification can be posted for the next batch. One recruitment cycle takes roughly one and a half years and we will continue to fill in these positions. There are no financial constraints and we will soon start the process of recruitment for forest watchers too," said Ranjan. He, however, did not comment on the reasons behind declining number of forest watchers despite higher sanctioned posts.

Time to break up the party

CONTINUED FROM PAGE 1

the sewage treatment plant (STP) is also going on. Hundreds of residents from Kaggadsadapura, Malleshpalya, GM Palya and other areas visit Kaggadasapura Lake for a walk in the morning and evening. They appreciated CV Raman Nagar MLA S Raghu for taking up rejuvenation of the lake. However, there are some unseemly sights that have robbed the sheen of the work going on at the lake. A lot of empty booze bottles are dumped all around and even the odd sofa has found its way to the lakebed.

Visitors to the lake have urged the MLA to direct the authorities concerned to keep a vigil on those who are ruining the good work done by the Bruhat Bengaluru Mahanagara Palike (BBMP) by spending Rs 8 crore for the rejuvenation of the lake.

"I was very happy when the rejuvenation of the lake, which was pending for quite a long time, commenced a few years ago. The rejuvenation was delayed due to the covid pandemic. The work is progressing and all the people who visit the lake are happy with ongoing developmental works. However, most of the visitors are not happy with some people misusing the lake," said Mallesh Gowda, a resident.

There are six gazebos on the lake bund to facilitate senior citizens to relax and chat with their friends for a while. However, the senior citizens are not able to use a few of these gazebos as those are filled with empty liquor bottles and empty snack packs. "Some people come here after 8 pm and start a drinking session. They stay here till midnight. There are occasions where they quarrel among themselves," said a person residing in a temporary shelter on the lake bund.

An old sofa set dumped into the lake

Empty liquor bottles

It is quite disturbing to come across the shocking scenes where mattresses are abandoned on the lake bund and an old sofa set too has been dumped in the lake. Some people have not only dumped garbage but also set the garbage afire near the outlet at Kaggadasapura side.

"What is the use of the BBMP spending crores of rupees if some irresponsible people continue dumping garbage? We are in the habit of complaining to MLA about the bad condition of the lake and also blame the BBMP for not completing the work. The need of the hour is to realise that to keep the lake free from garbage is our responsibility. The authorities must prevent people from dumping garbage into the lake," said Krishna Kumar, a resident.

Meanwhile, BBMP Executive Engineer (Lakes) Nithya told BM that she would look into the matter. "I will inform the police to keep a vigil on drunkards misusing the lake. I will direct the home guards to keep a vigil on those dumping waste into the lake," said the executive engineer.

When informed, MLA Raghu said the rejuvenation of the lake is in progress. "I will direct the BBMP Lakes Department engineer to take measures to prevent miscreants misusing the lake. All these problems will be fixed," Raghu said.

Stars of the moon: All applause for ISRO

CM visits ISRO's missions operations complex in B'luru, felicitates chief Somanath, interacts with team

Terming the safe landing of the Chandrayaan-3 spacecraft's lander on the moon as a "historic achievement", Karnataka Chief Minister Siddaramaiah on Thursday said the state government will organise a special programme to officially felicitate ISRO team for this success.

The CM visited the Missions Operations Complex at Indian Space Research Organisation (ISRO) Telemetry, Tracking and Command Network (ISTRAC) in Bengaluru and felicitated ISRO chief S Somanath and his team on the successful landing.

He interacted with ISRO scientists and officials there and lauded their achievement. "The government will officially honour them by organising a special programme at the Banquet hall at Vidhana Soudha. About 500 scientists from Karnataka were part of it. ISRO Chairman (S) Somanath and his team will be honoured," Siddaramaiah said.

Chief Minister Siddaramaiah congratulates ISRO scientists, at the ISRO center, Peenya, in Bengaluru

Speaking to reporters here, he said, there will be full cooperation and support from the government for ISRO's initiatives, as he called the space agency "the pride of the country".

"Scientists have worked day and night for this accomplishment. A total of 1,000 scientists of the country are involved in the project and about 500 people are from Bengaluru itself," he said, adding that the date of the felicitation program will be fixed after September 2.

India on Wednesday scripted history as ISRO's ambitious third Moon mission Chandrayaan-3's Lander Module (LM) touched down on the lunar surface, making it only the fourth country to accomplish the feat, and first to reach the uncharted south pole of Earth's only natural satellite. The LM comprising the lander (Vikram) and the rover (Pragyan), made the soft landing near the south polar region of the Moon last evening. Earlier today, ISRO announced that the rover ramped down from the lander and "India took a walk on the moon." – PTI

PM to visit Bengaluru to congratulate team

Prime Minister Narendra Modi will be in Bengaluru on August 26, to greet the ISRO scientists and officials for the successful landing of Chandrayaan-3's lander and deployment of rover on the moon's surface.

The Karnataka BJP is planning a grand welcome for the Prime Minister by organising a mega road show in the city on his arrival, senior BJP leader and former Minister R Ashoka said on Thursday.

"PM Narendra Modi is coming on August 26. We will be receiving him in big numbers with more than 6,000 people at HAL airport. There, he might address the people of Bengaluru. Our (BJP) national leader Santosh ji (General Sec B L Santosh) just spoke to me regarding organising a mega roadshow in Peenya, I have spoken to Dasarahalli MLA Muniraju about this," he said.

Cauvery dispute: Karnataka terms TN's plea as untenable in Apex Court, cites monsoon failure

The Karnataka government on Thursday told the Supreme Court that Tamil Nadu's application demanding release of water from Cauvery river is wholly misconceived as it is based on an erroneous assumption that this water year is a normal one, and not a distressed water year.

The Karnataka government submitted before the Supreme Court that it is not obliged to ensure water prescribed for a normal year, because a distress condition has arisen in the Cauvery basin due to the failure of southwest monsoon.

It said the Cauvery Water Management Authority (CWMA) recorded that water inflows into four reservoirs in Karnataka were lesser by 42.5 per cent up to August 9, and Tamil Nadu itself had acknowledged that rainfall is lesser by 25 per cent in its application filed before the Supreme Court.

Karnataka claimed that Tamil Nadu, instead of presenting its case before CWMA, walked out of the meeting and "has to blame itself for failing to use an opportunity before the CWMA".

"Tamil Nadu says it has started sowing Samba rice crop from July 15 onwards. If so, it is still at the transplantation stage," it contended.

Further, it has been said that Karnataka's reasonable needs are at serious risk because the entire current storage plus likely inflow is not sufficient for the crops in Karnataka and for meeting the drinking water requirements of towns and villages, including the megacity of Bengaluru. Karnataka said that had the Mekedatu Balancing Reservoir-cum-Drinking Water project been constructed, the surplus water to some extent of 13 tmc could have been used during the months of June and July to mitigate the distress in Tamil Nadu.

The affidavit filed by the state's Water Resources Department said that Tamil Nadu's demand for release of 24,000 cusecs per day from the reservoirs in Karnataka is based on an assumption that this water year is a normal water year. "CMWA cannot be directed to ensure flows, as stipulated by the Cauvery Water Disputes Tribunal, in a normal water year, since it has found that "rainfall is lesser by 23 per cent in K.R. Sagar catchment and 22 per cent in Kabini catchment based on the report of Indian Meteorological Department," stated the reply document filed by Karnataka.

Notably, the Supreme Court is scheduled to hear on August 25 the plea filed by Tamil Nadu demanding release of Cauvery river water from Karnataka dams.

Earlier on Monday, CJI D.Y. Chandrachud had agreed to constitute a bench after senior advocate Mukul Rohatgi, appearing for the state of Tamil Nadu, sought urgent listing of the application seeking release of water. In its application, Tamil Nadu has sought direction from the top court to Karnataka to ensure the stipulated release for the months of August and September as per the Cauvery Tribunal award as modified by the Supreme Court in 2018. – IANS

PARAS

PVR: Direct Cut - Rex : 11.15 am, 2.30, 6.25 & 9.45 pm | Forum Mall - Koramangala : 11.30 am, 3.10, 6.50, 9.50 & 10.30 pm | Orion Mall- Yashwantpur : 11.30 am, 3.10, 6.35 & 10.20 pm | Phoenix Market City - Whitefield : 11.00 am, 2.40, 6.30 & 10.10 pm | Imax - Vega City Mall - Bannerghatta Road : 11.15 am, 2.55, 6.00, 6.35 & 10.15 pm | Park Square Mall, ITPB - Whitefield : 11.00 am, 3.30, 6.40 & 10.30 pm | Vaishnavi Sapphire Mall - Yaswantpur : 11.30 am, 2.50, 6.30 &9.20 pm | VR Mall : 11.50 am, 2.00, 5.40, 9.55 & 10.30 pm |MSR Elements Mall - Nagavara : 11.00 am, 2.40, 6.20 & 10.00 pm | Forum Mall - Mysore : 11.30 am, 3.20, 6.30 & 10.10 pm | Garuda Mall - Mysore | Fiza Mall - Mangalore : 9.00, 11.00 am, 2.40, 6.20 & 10.00 pm | Orion Uptown OMR - Huksar | Falcon City : 11.15 am, 2.55, 6.05, 6.35 & 10.15 pm | Laxmi Pride - Hubli : 6.30 & 10.30 pm

INOX: Garuda Mall - Magrath Road : 3.20, 6.45 & 10.10 pm | Brookfield | Central - JP Nagar | SBR Horizon : 2.20, 5.55 & 9.30 pm | Value Mall - Whitefield : 2.05, 5.40 & 9.15 pm | Garuda - Yelahanka | Lido - Ulsoor | Manipal : 9.00 am, 3.50 & 10.10 pm | Mantri Square Mall - Malleshwaram : 6.45 & 9.50 pm | Sathyam Cineplexes - Mysore : 6.55 & 10.30 pm | RMZ Mall - Yalahanka : 6.55 & 10.20 pm | Tumkur : 2.45 & 9.50 pm | Gulbarga : 2.50 & 9.40 pm | Chandan - Belgaum : 11.45 am & 6.40 pm

Cinépolis: Orion Mall - Whitefield : 9.10 am, 6.25 & 9.45 pm | Royal Meenakshi Mall - Bannergatta Road : 10.30 am, 3.55 & 10.25 pm | ETA Namm Mall - Binnypet : 4.20 & 10.30 pm | Lulu Mall - Rajajinagra : 9.30 am, 2.00, 3.00, 6.00, 9.30 & 10.30 pm | Forum Shantiniketan - Whitefield : 9.30 am, 1.00, 2.00 & 10.30 pm | SJR Central Mall : 9.00 am, 4.00 & 10.30 pm | City Centre Mall - Mangaluru : 9.30 am, 1.00, 4.00,5.00 & 10.15 pm

GOPALAN CINEMAS: Innovation Mall - Bannerghattha Road | Signature Mall | Legacy Mall : 10.00 pm | Grand Mall - Raman Nagar : 7.00 & 10.00 pm

MOVIETIME: Gardenaia Mall - Devanagere : 10.30 pm | Swagath Poornima: J.C. ROAD. 10.30 pm.

MUKTA CINEMAS A2: VAIBHAVI / VAISHNAVI Uttarahalli : 10.15 pm | TRIVENI CINEMA - Gandhi Nagar : 7.00, 10.30 am, 1.30, 4.30, 7.30 & 10.15 pm

Bharath Cinemas: Mangalore : 10.00 am, 1.00, 4.15, 7.15 & 10.30 pm | Kundapura : 12.15, 3.30, 6.45 & 10.00 pm | Manipal : 11.15 am, 2.45, 3.45, 6.00, 7.00, 9.30 & 10.30 pm | Puttur : 11.00 am, 2.45, 6.30 & 10.15 pm | Shimoga : 7.00 & 10.15 pm

ROCKLINE CINEMAS: Jalahalli Cross 6.10 & 9.30 pm | INNOVATIVE: Marthalli : 10.00 am & 10.00 pm | CAUVERY | KIN CINEMAS: Seegehalli Road : 10.10 pm. | Jalahalli : 10.00 am & 10.00 pm | RAVI

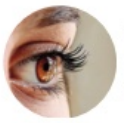
VISION CINEMA - Mysore : 6.25 & 9.15 pm | VINAYAKA - Marthahalli | WOODLAND - Siddaura | VIJAYA CINEMA | THE CINEMA - Magadi Road : 11.30 am, 6.50 & 10.00 pm | MUKUNDA - Maruti Seva Nagar | GOVARDHAN - Tumkur Road : 4.00 & 7.00 pm | AKASH - Laggere | BRUNDHA - Hongasandra : 7.00& 10.15 pm | BALAJI - Tavarekkare : 10.00 pm | CINE GALAXY - Soorathkal : 1.00, 6.15 & 9.30 pm | VENKATESHWARA - Konappanaagrahara : 10.30 am, 5.15 & 8.45 pm| CINEMAX 1 Soul Space | CINEPHILE - HSR Layout : 4.20, 7.00 & 10.00 pm | DRC CINEMA - Mysore : 10.00 am & 10.00 pm | GALAXY PARADISE - Homsundara : 9.30 am, 12.50, 4.00, 7.15 & 10.30 pm | LAKSHMI - Ramamurthynagara : 10.00 pm | RAVI - Sarjapura | MANASA - Konankunte | SANDHYA - Madiwala : 7.00 & 10.00 pm | SHREE MAHADESHWARA - Kaderenahalli : 9.45 pm | SRINIVASA - Kadugodi : 9.20 pm | SRINIVASA - SG Palaya : 7.00, 10.00 am, 1.00, 4.00, 7.00 & 10.00 pm | SUCHITRA - Hampankatta : 10.00 am, 1.00, 4.00, 7.00 & 10.00 pm | THIRUMALA - Agara : 9.45 pm | TULASI - Maratahalli | VASANTHA - Davangre : 10.00 am, 1.00, 4.00 & 7.00 pm | VICTORY - Kamakshipalya :8.30 am, 12.00, 3.30, 7.00 & 10.30 pm | VAINIDHI - Singapura : 7.00 & 10.00 pm | VEERABADRESHWARA - Shimoga : 9.00 pm

IN TAMIL : CINE GALAXY - Soorathkal : 4.20 pm | PUSHANJALI - BN Pura : 6.00 pm | RAJKAMAL - Mysore : 10.15 am, 1.15, 4.30 & 7.45 pm | SAVITHA - Malleshwaram : 10.30 am, 2.00, 5.15 & 8.30 pm | VEERABADRESHWARA - Shimoga : 11.00 am, 2.00 & 5.45 pm | VEERABADRESHWARA - Bhadravathi : 10.00 am, 1.00, 4.00 & 7.00 pm | VIJAYA - Mysore Road : 1.00 & 7.00 pm | AMRUTH - Lingarajapuram.

IN TELUGU : CINE GALAXY - Soorathkal :9.50 am | KRISHNA - Tumkur : 10.00 am, 1.00, 4.00 & 7.00 pm | SRINIVASA - Kadugodi : 10.30 am & 5.45 pm

PARAS

HEALTH TIP: Opt for lean proteins, such as fish, poultry, and beans



If you have conjunctivitis, avoid rubbing the eyes and use dark protective goggles when outdoors

BangaloreMirror | 12
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LISTEN CAREFULLY

How to be a good listener – and how to know when you're doing it right

Being a good listener means having empathy. But empathy is one of the most misunderstood listening skills.

Empathy is what we feel when we are trying to understand the world from the perspective of another person.

One of the common misconceptions about empathy is that you need to have lived through what the other person has experienced to understand them.

Simply having the same experiences as another person is not enough to understand them. Two people can face the same challenges or difficulties, but respond in completely different ways. Your experiences are unique to you and no one else can know how you feel, even if they have been wearing your shoes. The only way to understand how someone feels is to listen to them, without assuming that they feel the same as you did in that situation.

So, let's think about empathy in a different way.

Your unique perception of the world

Imagine that every baby is born holding a wooden frame that contains a pane of glass. Whenever they look at anything in the world, they do so through this glass.

The glass is not completely clear when they receive it. It is slightly warped and discoloured, and these are the marks of their genetics and biology. This means that everyone has a different piece of glass through which to see the world. And this glass becomes more marked as each of us moves through our lives. Every experience – good and bad - changes the glass. It warps, scratches and smudges. Parts of it may be stained in different colours like church windows. And so our view of the world changes as the glass changes over time.

We do not see the world as it truly exists. Rather we see the world through a filter created by our biology and life experiences.

Frame of reference

Counsellors often talk about looking through the client's frame of reference. The pane of glass in the wooden frame is your frame of reference.

To be a good listener, you need to stand at the side of the speaker and try to look out at the world through their glass.

Don't say: "I'm sorry that your glass is scratched." That would be sympathy – not a bad thing in itself, but not helpful for listening. Sympathy means that you feel sorry for the other person and you want to reduce their suffering. This is kind, but it does not mean that you understand their needs, feelings and experiences. You can feel sorry for someone without actually listening to them at all.

Don't try to clean the glass or fix the scratches. That might help them to see more clearly, but it would be like trying to make some of their life experiences disappear or change who they are as a person. They earned every single mark on their glass through the life that they lived, and no one has the right to take those away.

But don't ignore the marks on the glass. Ask questions about this scratch and that smudge and those colourful stains, then listen to the answers without taking the opportunity to tell them about your own scratches and smudges. This can be difficult because we love to talk about ourselves. So be aware of this temptation and remember to focus on the other person whenever you feel the urge to share.

Imagine you are talking to someone who is terrified of giving presentations. It might not be helpful to have sympathy ("I feel for you") or share your own experiences ("I used to be nervous too") or rush in with solutions ("imagine your audience is naked"). Instead, try asking questions about their experience of public speaking and listen to the answers.

You might ask what thoughts go through their head during presentations, and where those thoughts and feelings first began. This can help you find the scratch that is changing their view of the world. For example, their glass might have been scratched when they were bullied in school and looking at the world through this scratched bit of glass means that they see it filled with people who will laugh at them if they make a mistake.

Using empathy by trying to genuinely understand the other person means that your listening skills also help them to better understand themselves. And understanding is the first step towards taking charge of your own problems and finding your own solutions.

Learning to listen

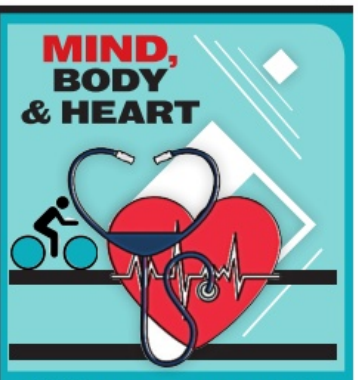
As you practice trying to see the world through the frame of reference of the person who is speaking, you will find that you are less likely to misunderstand, less likely to rush in with advice, and more likely to connect on a deeper level.

This is how counsellors build a therapeutic relationship.

You will know when you are building rapport through listening because you will start to genuinely want to hear and understand that person. You will stop wanting to interrupt with your own thoughts. You will stop trying to push the conversation in a certain direction to talk about your own interests or serve your own agenda. You will stop getting distracted by things around you or your internal voice.

Instead, you will become immersed in the world the speaker is sharing. And this is how to be a good listener.

(By Fay Short, Bangor University, The Conversation)



All you need to know about...

Herbicide effect

Effect on male reproductive health
Herbicide clethodim, widely used in agriculture, can have a significant effect on male reproductive health, according to a new study.

Concerning findings
The findings on the risks of exposure to the herbicide were published in the journal Chemosphere. The study used laboratory mouse models.
The results of this study have raised concerns about male reproductive health, revealing a spectrum of effects including a reduction in testicular weight, a decrease in germ cell population, lower levels of serum testosterone, abnormalities in sperm, and compromised preimplantation embryo development.

Further probe needed
"Although clethodim has been an approved herbicide for some time, our study unveils previously uncharted repercussions on male reproductive health and the early stages of embryonic development. These findings necessitate further investigation and thoughtful reconsideration of the use of such herbicides to ensure the wellbeing of both humans and our environment," said Dr. Guruprasad Kalthur, principal investigator at Kasturba Medical College, Manipal.

The study
Dr. Keshava Prasad,Centre for Systems Biology and Molecular Medicine at Yenepoya Research Center, Mangalore, emphasised the necessity of molecular-level screenings to comprehend the potential effects of herbicides on human and environmental health.
Dr. Satish Kumar Adiga, Kasturba Medical College, further highlighted the worrisome connection between environmental pollutants and compromised sperm function – a pressing concern in recent years.

—IANS

Newcomer feels
Get ready to witness actress Kareena Kapoor Khan in a completely different avatar in a new film directed by Sujoy Ghosh. The film marks her OTT debut and is touted to be a murder mystery

SANDALWOOD SHOTS
Y MAHESWARA REDDY

24 different songs

One more movie- Cicada - is set to join the list of experimental movies of Sandalwood. Cicada is to be dubbed into four languages with 24 music compositions. It has six songs which are altered for each language – Kannada, Tamil, Telugu, and Malayalam.

The first look of the movie Cicada was launched by Prajwal Devaraj, Meghana Raj Sarja, and former minister of agriculture NH Shivashankar Reddy recently.

Sreejith Edavana, known for composing music for Tamil and Malayalam movies, debuts as a music director in Sandalwood with Cicada. Apart from scoring music, Sreejith also debuts as a director in four languages with this movie. The movie is bankrolled by Vandana Menon and Gopakumar P under the Theerna Films & Entertainment banner.

Almost ready

The shooting of the Karunada Chakravarthy Dr Shivarajkumar and Prabhu Deva-starrer Karataka Damanaka has reached the climax at Rockline Studios.

"It has already been a year since the shooting of Karataka Damanaka began. Karataka Damanaka are the names of two jackals. Dr Shivarajkumar and Prabhu Deva are playing the lead roles in this movie. Both are very energetic and their presence makes me happy. Rockline Venkatesh is bankrolling this movie. This movie has seven songs and V Harikrishna has scored its music. Rockline Venkatesh and I act in this movie. More than 90 percent of the shoot of this movie is completed," said director Yogaraj Bhat.

Rockline Venkatesh said Dr Shivarajkumar is acting in a movie bankrolled by him under the Rockline Productions banner after a long gap. "I had an ambition of making a movie with Prabhu Deva. I realised my ambition with this movie," said Rockline Venkatesh. Dr Shivarajkumar said that Rockline Productions is like his family. "I like director Yogaraj Bhat's movies and have watched many at theaters." Prabhu Deva said he was very happy to share screen space with Shivarajkumar.

BIG WINNERS

National Film Awards: Alia, Kriti share best actress award; Allu Arjun is best actor

The National Film Awards 2023 have been announced today in Delhi, and everyone has been waiting for it with bated breath. 'Sardar Udham', 'RRR ', 'Gangubai Kathiawadi' have won big at the National awards. Neerja Sekhar, Additional Secretary, I&B, told the media that a total of 280 feature films in 28 languages and 158 non feature films in 23 languages were received for consideration. Filmmaker Ketan Mehta announced the awards.

The best feature film award went to R Madhavan's 'Rocketery: The Nambi Effect'. Meanwhile, won the National Award for Best Actress for 'Gangubai Kathiawadi'. She shared it with Kriti Sanon for 'Mimi'. Allu Arjun has won the 'Best Actor' for 'Pushpa: The Rise'. Meanwhile, the award for the best film on National Integration has gone to 'The Kashmir Files'. 'RRR' has won the National Award for Best Film providing wholesome entertainment. RRR also bags awards for Action Direction, Choreography, Special Effects. Sanjay Leela Bhansali won the award for Best Editing for 'Gangubai Kathiawadi'. Pallavi Joshi and Pankaj Tripathi won the Best Actor In A Supporting Role (Female and Male respectively) for 'The Kashmir Files' and 'Mimi'. 'Shershaah' has won a Special Jury Award.

—ETimes

Better together

Tamannaah Bhatia and Vijay Varma serve couple goals indeed, just with the way they support each other and respect each other's work. Vijay recently attended the screening of Tamannaah's new OTT project, 'Akhri Sach'. While Vijay wore a purple hoodie, Tamannaah was seen in a white shirt, blue corset and blue jeans. While the couple happily posed together for the paparazzi, they couldn't stop blushing as the paparazzi called Vijay 'bhai' and Tamannaah bhabhi (sister-in-law).

They also blushed as the paps said, "hit jodi'. Vijay and Tamannaah are very shy about each other and have largely kept their relationship private. During a chat with Film Companion, Tamannaah had finally admitted that Vijay is her happy place, and Vijay also said in an interview that he's madly in love with her. But, during a chat with ETimes, Vijay had said that he's always been a private person and he's shy to talk about things in his life. So, he doesn't talk much about his relationship.

— ETimes

Scary, but thrilling

Actress Zendaya's journey into Hollywood hasn't been a picnic as the 'Dune' actress has had to face a bunch of troubles when she entered the industry. Zendaya recently spoke about how she felt when she stepped in as "a leading lady", calling it a very frightening experience, but something she wanted to do nonetheless which was thrilling for her.

According to The Hollywood Reporter, talking about how her roles in 'Euphoria', 'Spider-Man' and 'Dune' catapulted her fame to massive levels and made her one of the industry' biggest modern faces, Zendaya said: "It was a little bit scary when I entered. While it was definitely something that freaked me out, I think it is also a good feeling."

"To have your own moments of self-doubt and then be like, 'Ooh, can I do this?' After this, you can run from that feeling and stay safe and comfortable, or you can go, take the risk and say 'You know what, f*** it'", she added.

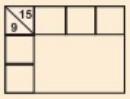
—IANS

SOLVE IT IN A MINUTE

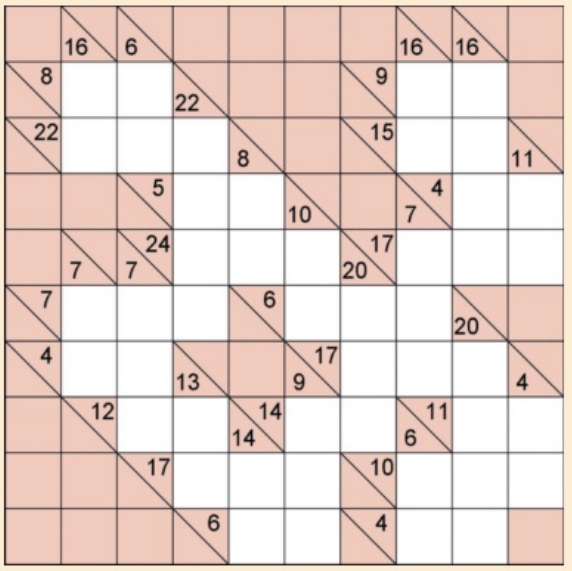
When a number in increased by 20%, the result is the same when it is decreased by 10% and 12 added to the result. What is the number?

Kakuro

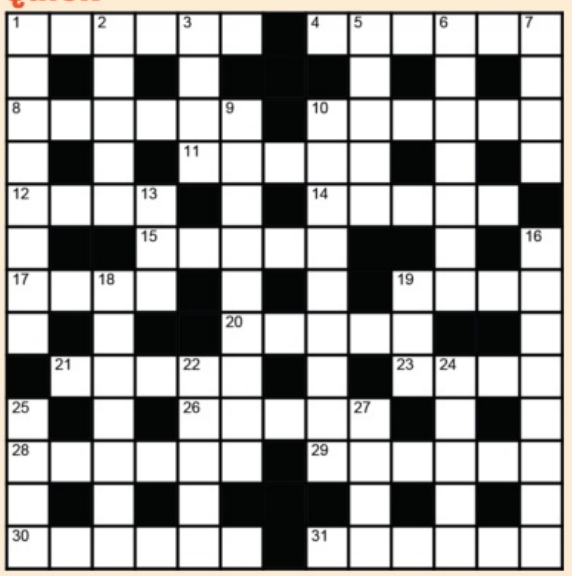
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Extemporizes (2-4)
4 A type of whisky (6)
8 Self-possession (6)
10 Embraced or cuddled (6)
11 Wild animal (5)
12 Toy on a string (2-2)
14 Reposes (5)
15 Reside (5)
17 Harry Potter actress ___ Watson (4)
19 Peruvian Indian (4)
20 Underground chapel (5)
21 Grind (5)
23 Killer whale (4)
26 Emperor of Ethiopia (5)
28 Major arteries (6)
29 Stratagem (6)
30 Forms (6)
31 Supplants (6)

DOWN

1 Dissects (8)
2 Sweet on a stick (5)
3 Explosive device (4)
5 Waterfall slide (5)
6 Make more secure (7)
7 Jekyll's alter ego (4)
9 Pleads, solicits or supplicates (9)
10 Residential area located between Hosur Road and Sarjapur Road (3,6)
13 Harem, ladies quarters in an Arab household (3)
16 Capital of Syria (8)
18 Roman goddess of wisdom (7)
19 Figure skater Midori (3)
22 Serpent (5)
24 Revolving aerofoil (5)
25 Battles or armed conflicts (4)
27 Hangs loosely (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Z EQUALS U

RJODS FHHB SUH BHGNH EJSUJI TVZODHKR, SUHI TVZ NGI GKDV LOJIC BHGNH SV VSUHO.

Linemaro

Know what's on the menu? Me-n-u.

Mindchow

If you want to feel rich, just count the things you have that money can't buy.

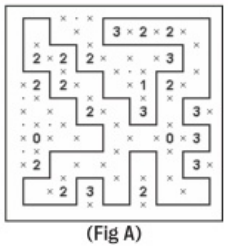
Joke of the day

Q. Why won't sharks attack lawyers?
A. Professional courtesy.

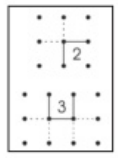
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

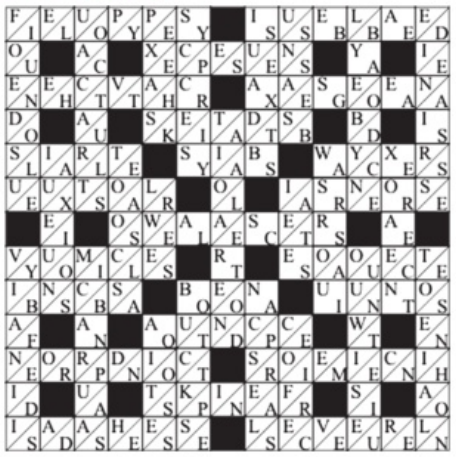


(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

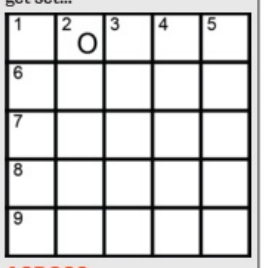
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

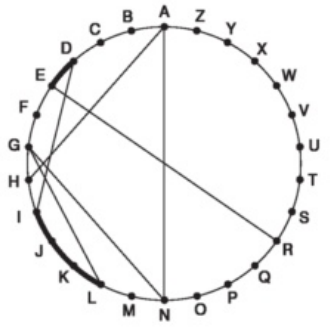
1 Crops; 6 Value;
7 Reb no; 8 It lee;
9 To Big

DOWN

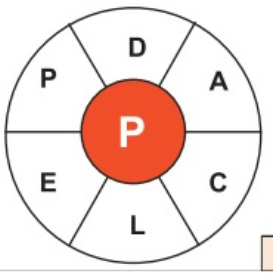
1 Be cub; 2 Olio V;
3 GI err; 4 An opt;
5 Steel

Mensapuzzle

Find two words (4, 6) in this diagram. Letters are traced across the circle by chords. If the next letter is four letters or less away it will be found by tracing around the circumference. Clue: free flight.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

15 Average; 17 Good; 19 Outstanding

SudokuChallenge

4		3	5		2	9		1
		9	8		6	7		
	7						8	
6			2		9			4
7			1		4			5
	9						1	
		7	9		5	2		
8		2	3		7	6		9

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 24
4 4 7 9

Medium = 18
1 4 5 9

Hard = 14
2 6 7 6

Hocusfocus

Find at least six differences in details between panels.

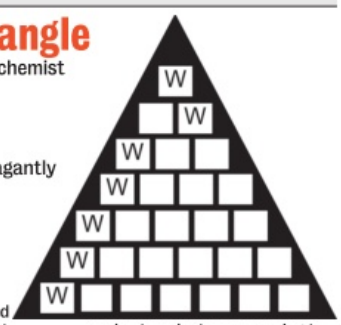
Differences: 1. Water drop is lower. 2. Bush is added. 3. Leg is moved. 4. Pinky is moved. 5. Pan handle is longer. 6. Cap is larger.

Riddler

Always old, sometimes new. Never sad, sometimes blue. Never empty, sometimes full. Never pushing, always pulling. What am I?

Alpha triangle

1 Tungsten for the chemist
2 Compass point
3 Triumph
4 Plane part
5 Forcibly twist
6 Spending extravagantly
7 Distorting



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

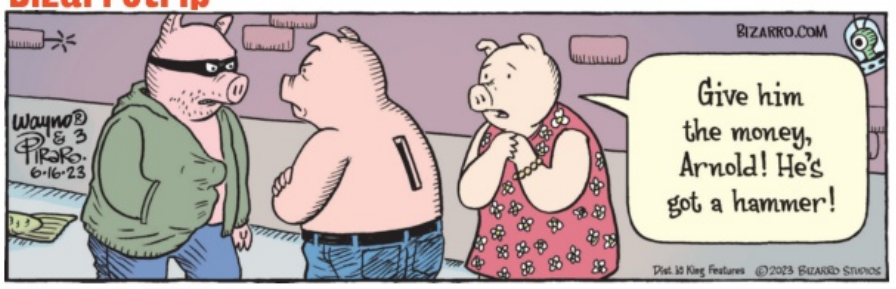
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

SEE THOSE TELEGRAPH POLES, TANGLEFOOT?
THAT'S WHAT THE PALEFACES USE TO SEND MESSAGES. I WANT THEM ELIMINATED!
I DON'T THINK I'VE GOT ENOUGH ARROWS FOR THIS JOB
6-5

Bizarrotrip



Diamond Lil

And now, a word from the National Council on Being Fully Clothed:
DENUDED!
This has been a word from the National Council on Being Fully Clothed.
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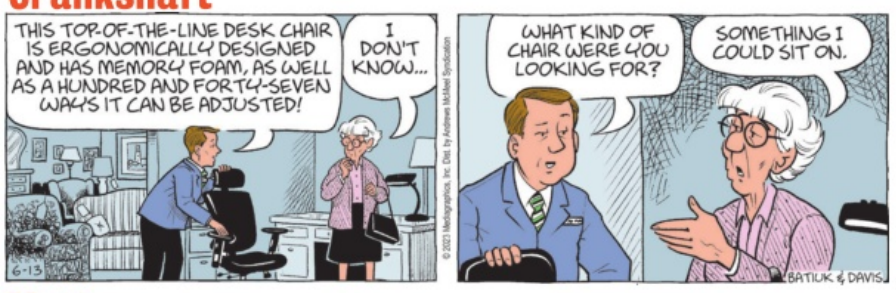
www.creators.com

Hart of the city

YOU SHOULD TALK TO THE GUIDANCE COUNSELOR ABOUT SKIPPING A GRADE. THEY'RE GREAT FOR THAT KIND OF STUFF!
GREAT IDEA! KAT, YOU ALWAYS HAVE ALL THE ANSWERS.
I DO, DON'T I? MAYBE I SHOULD BE THE ONE SKIPPING A GRADE!

Crankshaft


THIS TOP-OF-THE-LINE DESK CHAIR IS ERGONOMICALLY DESIGNED AND HAS MEMORY FOAM, AS WELL AS A HUNDRED AND FORTY-SEVEN WAYS IT CAN BE ADJUSTED!
I DON'T KNOW...
WHAT KIND OF CHAIR WERE YOU LOOKING FOR?
SOMETHING I COULD SIT ON.
BATIUK & DAVIS

Mutts

A POINT OF THE BUTTERFLY EFFECT IS THAT EVERYTHING IS CONNECTED. A LITTLE ACTION COULD HAVE A BIG EFFECT.
SO WHAT LITTLE THINGS CAN WE DO TO HELP BENEFIT THE WORLD? WHERE DO WE START? WHERE?
A TEETH CLEANING?
mutts.com

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you are blessed by the moon; you may hear good news from your sibling. You may spend your time with family and friends. With the help of creativity, you may plan to renovate your house or office. You may start new partnerships with family members, which will be beneficial in the near future. Your subordinates at the office may help you in terms of projects.

Taurus Apr 21 – May 20
Today you may feel negative. Tasks become incomplete, you may be a victim of mood swings, your patience may be tested many times , silly mistakes make you confused to complete your work. Love birds find themselves to be confused in terms of feelings. More expectations may affect your emotional attachment with the spouse. You are advised to take care of your parents. Students may lose their concentration.

Gemini May 21 – Jun 21
Today's positive moon may help you. You may feel happiness and peace of mind. You may work efficiently in your professional life, your subordinates may cooperate with you to take some important decisions in the business. You may plan to start some new venture with the help of your siblings and network, which may be beneficial in the growth of business. It is advised to take proper rest to maintain your enthusiasm.

Cancer Jun 22 – July 23
Today your moon becomes negative; you may have detachment with responsibilities you have been given. You also expend more in purchasing worthless stuff, which may increase negativity in the house or office. You are advised to keep an eye on your opponents and rivals, otherwise you may be a victim of conspiracy. It is advised to read documents carefully before putting your signature.

Leo Jul 24 – Aug 23
Today you are blessed by the moon; you may enjoy your family and professional life. You may become polite with the people around you, which may help in smooth completion of your work. You may find some new sources of earnings, which may boost your savings. You may also plan to renovate your house or office.

Virgo Aug 24 – Sep 23
Today you are blessed by a positive moon. You may enjoy your work, you may get rewards after your hard work. Your social respect may be increased now. Overworking your mind may make you tired; due to workload, you may not be able to reach some family event. Health issues related to your parents may be cured now.

Libra Sep 24 – Oct 22
Today you are blessed by a positive moon; you may be satisfied at work. You may plan for a short work related trip. You may also plan to travel overseas. You may also visit some religious places to maintain your inner peace. Your elders are likely to show you the right path, which may give you clarity in regarding your goals.

Scorpio Oct 23 – Nov 22
Today you may feel dull and nervous; it is advised to keep your mind cool. Try to keep patience and avoid arrogance in the way of speaking. You may not be able to recover your money. You are also advised to avoid going for adventure tours. Students are advised to go for in depth study to get success.

Sagittarius Nov 23 – Dec 22
Today you are blessed by a positive moon; you may feel good. Domestic harmony may make you happy. You may meet some influential person who may help you to get some benefits in the work front. You are likely to perform well in your job; you may expect some rewards in terms of promotions. Disputes in inherited property are likely to settle down.

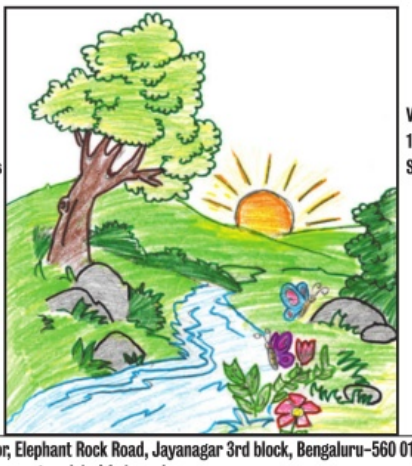
Capricorn Dec 23 – Jan 20
Today you are blessed by a positive moon; you may be healthy, you may be able to focus towards your goals. Your performance may be very good at work, your boss may be happy with you, you may get some important responsibilities at work. You may hear good news in any legal matter. You are likely to have control over your opponents and business rivals.

Aquarius Jan 21 – Feb 19
Today you may be more intellectual; you may understand the value of intellectual assets. Sometimes you may control your short temperedness, which may help you to perform your task smoothly. There may be some chances for smooth earning, which may give you comfort in the workflow. You are advised to be careful before making new investments in assets. You are likely to spend money for love once. Love birds may enjoy their happy moments.

Pisces Feb 20 – Mar 20
Today your moon becomes negative; you may feel negativity around you. You may find your responsibilities as a burden. You may be in the hurry to complete the task given to you. You may make silly mistakes. Your working efficiency may slow down, which may affect your day to day work. Your projects are likely to be delayed, it may affect your business. You are advised to take advice from your consultant before taking any important decision.

KIDZONE

B Jothika, 12 Years, Holy Angels School



Vimal Raj, 10 Years, SDA School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M 20% increase would be 120% of the original number; 10% decrease would be 90% of the original number
Difference between 120% and 90% is 30%
According to the given information, 30% of the number is 12
10% of that number would be 4 (10% is a third of 30%; 4 is a third of 12)
If 10% of the number is 4, 100% of it would be 10 times that: 4x10 = 40

FAST FIVE

C	O	R	P	S
U	V	E	A	L
B	O	R	N	E
E	L	I	T	E
B	I	G	O	T

QUOTE UNCODE
First keep the peace within yourself, then you can also bring peace to other.

STRIKE OUT

F	L	O	P	P	Y	S	U	B	B	E	D			
O	C	E	P	E	E	S	Y	E						
N	E	C	T	A	R	A	E	G	E	A	N			
D	A	P	L	O	M	B	H	U	G	G	E	D		
D	U	K	E	A	T	S	B	I						
L	I	L	T	S	I	S	A	Y	E	S				
E	X	T	O	L	L	I	S	E	R	E				
I	S	E	L	E	C	T	S	E						
V	O	I	C	E	R	S	A	U	C	E				
I	N	C	A	B	O	A	I	N	T	O				
N	O	R	D	I	C	R	I	M	I	N	I			
D	U	S	K	I	E	R	S	A						
A	A	O	U	N	C	E	W	N						
G	N	A	S	H	O	O	R	C	A					
S	I	C	R	Y	P	T	M							
E	M	M	A	E	A	I	N	C	A					
S	D	W	E	L	L	E	D							
Y	O	Y	O	S	R	E	S	T	S					
L	L	B	E	A	S	T	H	E						
A	P	L	O	M	B	H	U	G	G	E	D			
N	O	O	H	I	Y									
R	V	K	G	O	U									
S	H	A	P	E	S	U	S	U	R	P	S			

QUICK

A	D	L	I	B	S	S	C	O	T	C	H			
N	O	O	H	I	Y									
R	V	K	G	O	U									
A	O	R	T	A	S	T	A	C	T	I	C			
W	E	N	E	G	U	S	O	S						
G	N	A	S	H	O	O	R	C	A					
S	I	C	R	Y	P	T	M							
E	M	M	A	E	A	I	N	C	A					
S	D	W	E	L	L	E	D							
Y	O	Y	O	S	R	E	S	T	S					
L	L	B	E	A	S	T	H	E						
A	P	L	O	M	B	H	U	G	G	E	D			
N	O	O	H	I	Y									
R	V	K	G	O	U									
S	H	A	P	E	S	U	S	U	R	P	S			

MENSA PUZZLE
HANG GLIDER

BULL'S EYE
apple, cape, cappED, clap, CLAPPED, dapple, lapped, leap, pace, paced, pale, paled, peal, pedal, place, placed, plea, plead, pled

RIDDLER
The Moon

SUDOKU

4	8	3	5	7	2	9	6	1
5	1	9	8	3	6	7	4	2
2	7	6	4	9	1	5	8	3
6	3	1	2	5	9	8	7	4
9	5	4	7	8	3	1	2	6
7	2	8	1	6	4	3	9	5
3	9	5	6	2	8	4	1	7
1	6	7	9	4	5	2	3	8
8	4	2	3	1	7	6	5	9

GO FIGURE
Easy
9 + 4 + 4 + 7 = 24
Medium
4 + 9 x 1 + 5 = 18
Hard
2 x 7 – 6 + 6 = 14

ALPHA TRIANGLE
W, NW, Win, Wing, Wring, Warring, Warping.

LOOP

KAKURO

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